

Benefit Wise Bulletin

Helping You Staying Informed...



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Exciting changes for the NVision Health & Wellness Program

Good news! PEBP has redesigned the NVision Health & Wellness Program, making it easier for you to participate and earn an incentive. The changes you will see in 2015 include:

- Removal of the Consumer Driven Health Plan (CDHP) and HMO online benefit tutorials.
- Removal of the three physical activity challenges for those with a BMI equal to or greater than 26.
- Only five steps required to earn an incentive.
- New wellness program website that is easier to use and navigate.

Five easy steps:

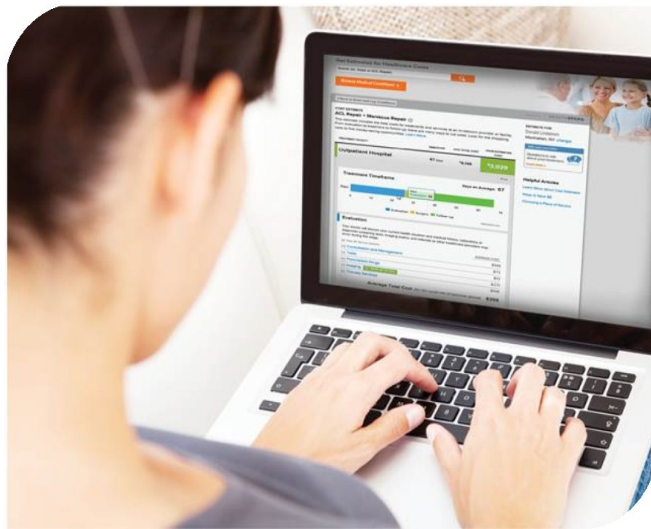
1. Complete registration at NVision.PEBP.state.nv.us by May 31, 2015.
2. Complete an online Health Assessment Questionnaire (HAQ) which includes a variety of questions related to lifestyle habits.
3. Complete a biometric screening. PEBP and USPM have scheduled a number of worksite events throughout the state to make it easy and convenient to get your biometric screening. Biometric screenings include lab work (including cotinine test for tobacco use), blood pressure reading, and body mass index (BMI) measurements.
4. Complete a wellness/preventive exam with your physician. To document your exam, you will need to enter the date of your exam and your physician's name and NPI number (available at www.npinumberlookup.org) into your NVision account.
5. Complete a dental exam/teeth cleaning with your dentist. To document your exam/teeth cleaning, enter the date of your visit and your dentist's name and NPI number (available at www.npinumberlookup.org) into your NVision account.

In January, U.S. Preventive Medicine will also roll out an entirely new website for the NVision Health & Wellness Program. The new website will be easier to use and will include updated Learning Programs and Challenges that will help you improve your health knowledge. Your recommended Learning Programs will be based on your answers to the Health Assessment Questionnaire (HAQ) and the results from your biometric screening. Though nearly everything about the website is new, your information is carefully being saved and will be integrated into the new website.

We are excited about the changes to the NVision Health & Wellness Program and think you will be too!

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Treatment Cost Estimator

For the
Consumer Driven Health Plan

Treatment Cost Estimator

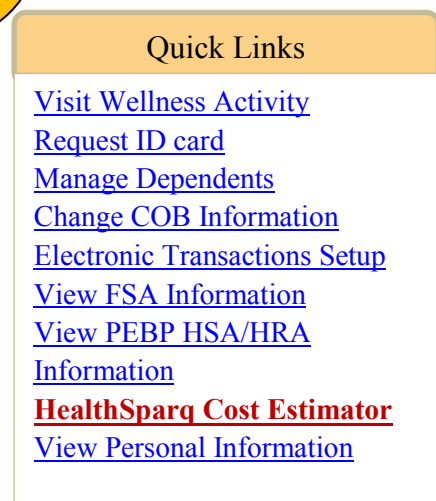
As a Consumer Driven Health Plan member, you now have a powerful tool on your side when you're facing important treatment decisions. Our new Treatment Cost Estimator lets you and your family members compare different treatment costs and out-of-pocket amounts instantly! You'll receive a real-time cost estimate based on your remaining deductible and out-of-pocket maximum, plus a breakdown of the total treatment cost including office visits, hospital services, medications, and other services. Find costs for your doctor or compare costs between different health care providers. This easy-to-use online tool can help you budget and plan for future healthcare expenses. For more information, see our Treatment Cost Estimator Guide.

Comparing costs just got easier

Log into www.healthscopebenefits.com



Under Quick Links, select
HealthSparq Cost Estimator



Take a moment and discover how easy it is to use.
Go to www.healthscopebenefits.com today.

New Year, New You!

Webinar

Did you make
a New Year
resolution



If there's one thing
almost everyone
wishes for in the new
year, it's good health!

Almost everyone has
room for improvement
when it comes to
lifestyle choices that
support health and well-
being.

Learn tips on how
you can make
simple changes in
your life and diet
to improve your
health.

It's not as hard
as you may
think!

Dr. Tracey Green
presents:
New Year, New You!

January 9, 2015
12 pm - 2 pm
Register today!

Dr. Tracey Green will share her tips on how to make simple lifestyle changes for
better health as she hosts her

"New Year, New You!" Webinar
January 9, 2015 from 12 pm - 2pm.

Register today at: <http://www.pebp.state.nv.us/webinars.htm>